

**ABSTRACT OF THE DISCLOSURE**

10 A saddle 20 for a bicycle, tricycle, exercise cycle or the like has a mounting arrangement 23, 28 and 29 which permits the saddle 20 to rock from side to side as a rider pedals the cycle. The rocking motion has an effective centre above the surface of the saddle and the saddle is resiliently biased so as to return to its central position when the cycle is not being ridden.